Basic Survival Guide and Prepper Checklist to Survive Any Emergency

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Learn how to Survive any Disaster and a Complete Checklist to be prepared for anything.

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PREPPERS CHECKLIST

This Preppers Checklist is a list of functions, or capabilities that you need to provide for in each of the survival categories, especially if you're a beginner at prepping. Unlike other preppers checklists, this checklist isn't a shopping list of items that
you need to get or put into a kit. It does something much more important for your family's survival.

Instead, it helps identify which functions you WILL need to make sure that you can perform within a category. Another way of stating it is that the checklist will tell you WHAT you need to accomplish, but not HOW you need to accomplish it.

This method is the one that I use allows for individual needs while still accomplishing common goals.
The list is broken up into general categories to help keep things organized and each Category is broken up into several sub- sections, allowing for Minimum and Extended Capabilities.

The Minimum Capability is the minimum amount of preparedness that you should strive to accomplish as fast as possible. It's the basic set of functions that a person starting out should strive to achieve as soon as possible. The Extended Capability allows for surviving longer durations and/or increases the

capacity of that group.

Alternate Energy

Minimum Capabilities:

Ability to recharge NiMH or NiCd batteries from an indefinite power source , in the sizes you use (AAA, AA, C, D, 9V) Generator, with enough capacity to power critical needs for 14+ days (like freezer, refrigerator, needed electronics, etc.) (short term solution)

Store of fuel to power generator for 14+ days

Put Uninterruptible Power Supplies on all computers and other sensitive critical electronic equipment

Spare extension

cords battery

maintenance

items

Extended Capabilities:

Solar-power, or other renewable/long-term power, setup capable of running all mission critical devices for indefinite period, working eventually to powering entire household

Make ice on indefinite basis

Spare parts for Alternate Energy generations, (fuses, wire, connectors, inverter parts, etc.)

Clothing

Minimum Capabilities:

Three complete changes of rugged clothes for all members Three complete changes of sleep clothes for all members Seven changes of underclothes for each member

One pair of rugged, waterproof boots for each member

One pair of comfortable shoes (sneakers, sandals, etc.) for each member

Outer gear (boots, gloves, mittens, scarves, hats, etc) for all climates (cold weather, rain, etc

- Spare shoe & boot laces

- Extended Capabilities:
- Seven sets of rugged clothes for each member
- Fourteen changes of underclothes for each member
- Spare boots (rugged and
  waterproof) Spare
  comfort shoes
- Ability to make/repair clothes
- Ability to make/repair boots and shoes
- Quantity of various materials for repairs and creation of clothing
- Second (spare) set of outer gear for all climates

Communications and Computing

- Minimum Capabilities:
- Tactical Communications (0 – 5 miles), generally a handi-talkie (FRS, GMRS,
  Ham, CB, etc.), transmit and receive, with extra batteries (see also alternate
  energy)
- Shortwave radio with SSB capability, for general listening of world events
- Basic computer to access the Internet and review files (.doc. .pdf. .html.
  etc.) {it should be obvious that an Internet connection goes along with this}
- AM/FM radio, battery operated (TV sound optional, but might be worthwhile if you are

close to a TV broadcast tower that

can run on emergency power)

- Plans and equipment for making expedient antennas

  (see Information and Plans)

Radio and computer manuals and backup discs (see Information and Plans)

- If you have a cell phone, have a 12VDC charging cord for it, and a spare battery for it
- Pocket list of contact numbers for family, friends, team members
- (see also Information and Plans) Long distance phone calling
- card that doesn't expire
- Pocket list of frequencies (see also Information and Plans)
- USB drive containing pocket computer system (OS,
- files, programs, PGP, etc.) USB drive containing
- your data files
- Door Intercom for communicating with people outside your door, while staying safe
- inside

- Extended Capabilities:

Short-distance Communications (up to 50 miles) (generally, a mobile ham

VHF/UHF radio and a vehicle or yagi antenna), transmit and receive

- Packet radio for short-distance digital communications (can be particularly useful for
- local Groups/Teams/Family Units)
- Long-distance communications (greater than 50 miles), generally ham HF, transmit and
- receive

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Ham Radio Email, like Wavemail or Winlink/Netlink over

HF and possibly VHF (Packet) Satellite phone

- Notes:

The plans for expedient antennas is for reference. You should practice building these antennas.

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Defense (Safety and Security)

- Minimum Capabilities:

  Security system that monitors home inside perimeter

  Monitoring system so that you know when someone has breeched key areas of your property

  Outside floodlights on motion sensors covering the outside perimeter of home and any other key areas on property

  Put out small fires (a fire extinguisher for kitchen, garage and every level of the home)

  Basic defensive firearms so that every able person can defend the home, with adequate ammunition supply

  Every handgun has a holster, every rifle and shotgun has a sling; cases for all firearms

  500 rounds for every firearm that is in working condition (defensive ammunition)

  500 rounds of training ammo for each firearm

  Three magazines or 30 clips for every firearm that uses one (yes, there's a difference between clips and magazines) Cleaning gear for all firearms

  Smoke & carbon monoxide detectors on all floors

- Extended Capabilities:

  Camera surveillance around home, complete 360 degrees

  Motion and seismic sensors monitoring perimeter and other key areas of property

  External fire suppression system

  Spare parts for every firearm, along with the knowledge to repair it

  Spare magazines and clips for every firearm that uses them (10

magazines and 300 clips, at your discretion) Spare cleaning gear for all firearms

1000 rounds for every firearm (defensive ammunition)

1000 training rounds for each firearm

Reloading equipment and supplies for each of your main calibers

5000 rounds for your main battle rifle

.22 LR training rifle and 10,000 rounds of good quality .22 LR ammuniton

Add laminate to exterior windows (resists break-ins, etc.) Hardened Saferoom, from physical assaults (weather, crime, etc.)

Night Vision (mono- or binocular)

- Notes:

You can't have too many fire extinguishers. You need to be able to put out a fire quickly, especially if there is no fire department available.

Yes, it seems like a lot of ammunition, but every year our freedoms erode a little bit more. Better to have it and not need it, than to need it and not have it (that pretty much goes for everything on this CC list).

Economic

- Minimum Capabilities:
  - Pay one month of bills with cash on hand
  - Supply of hard currency (silver, gold, etc.)

- Extended Capabilities:
  - Pay three months or more of bills from cash on hand; increase to 6 months when possible
  - Supply of barter goods
  - Ability to capitalize on opportunities (like, group buys or cheap land after a crisis/pandemic)

  - Know the silver content of junk silver and the gold content of various coins and how to convert that into current market value
  - Know how to calculate and determine specific gravity for various metals (how to spot fake silver and gold)

- Notes:

Hard currency amounts at your discretion. Though in general, use gold to store larger amounts of wealth and silver for smaller amounts. Silver is also better in a barter environment.

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First-Aid & Medical

Minimum Capabilities: Need to perform the following for a 30-day period

Preventative

Block Sun UV rays

Repel (keep away) insects

Blister pre-treatment

Protect care-giver from infection while treating others

Take CPR and other First-Aid courses

Maintain good dental hygiene practices

Immediate Response

CPR

Clear the airway / Start the breathing

Stop bleeding

Soothe burns

Treat bite and stings

Remove splinters,

stingers, etc.

Remove venom

Diagnose

Patient assessment:

Primary (ABC – Airway,

Breathing, Circulation)

Secondary, Head-to-Toe

survey

Determine body temperature

Determine blood pressure

Determine heart rate

Recognize signs and

symptoms Treat and

Protect Wounds

Disinfect minor

wounds

Wound irrigation and/or cleansing

Splinting and limb immobilization

Dress and bandage wounds

Debride wounds

Close

lacerations

Temporary

dental fillings

Ongoing Care

Relieve pain

Reduce swelling

Reduce fever

Relieve allergy symptoms

Stave off infection

(antibiotics) Blister

treatment

Shock

prevention

Dehydration

prevention

Muscle relaxer

Miscellaneous

Ice & heat packs

30 days of life saving prescription medications

30 days of OTC and “maintenance” medications

List of patient info for each person on their person & in BOB

- Extended Capabilities: Need to perform the above for at least 90 days, plus the following additional capabilities: IV supplies to start one IV per person covered (including extras for missed sticks). 3 liters of solution per person Knowledge of blood types of all persons covered. Transfusion* compatibility planned. Transfusion capability for one transfusion for each three people covered
- Dental care
- Additional 90 days of life-saving prescription medications
- Additional 90 days of non-critical and "maintenance" medications
- Take Advanced First Aid Courses, and yearly re-qualifiers

Notes:

Warning on transfusions: you can kill people easily if you do this wrong. DO NOT perform any medical treatment that you are not trained for.

Food & Cooking

- Minimum Capabilities:

Stored food for 30 days (minimum, work up to 90+ days) of food you eat everyday (store what you eat, eat what you store) Portable capability for minimum-prepared foods for 14 days (for traveling, short-term missions, etc.)

Gather more food: hunt, fish, trap/snare, gather wild plants

Dress and prepare gathered food

Keep perishable food cold using alternative energy methods for

30 days (see Alternative Energy) Disposable flatware for 30

days

Open cans and other packaging

Cook food 3 times a day with alternate methods for 30 days

(minimum, work up to 90 days) Have cookware that can be

used over an open fire (pots, pans, kettles, etc.)

Durable cooking utensils (including pots, pans, etc.)

Equipment to cook over fire pit (grates,

tripods, hooks, etc.) Recipes for making

a variety of dishes from the food you

store Spices to make food more

palatable, enjoyable, varied

- Extended Capabilities:

  One year's worth of food, in any combination of everyday, minimum-

  prepared, and long-term storage foods, with the experience and equipment

  to prepare it

- Portable capability for minimum-prepared foods for 30 days or more (for traveling)
- Grow food and harvest the seeds for the next planting
- Grow and tend livestock
- Preserve food on indefinite basis (canning, smoking, jerking, etc)

Keep perishable food cold using alternative energy methods for indefinite basis

Cook food 3 times a day with alternate methods for 1 year or more

Disposable flatware for 90 days (if continuous

supply of water not obtained) Compost pile (see

Sanitation)

- Notes:

Minimum-prepared foods are those that require little or no cooking before eating.

Flatware means plates, bowls, cups, spoons, forks, knives, napkins, etc. The idea of disposable flatware is to reduce consumption of water and is typically for shorter-term events. Those with extended capabilities for alternate energy and water will have less use for disposable flatware.

Oils: make sure you have enough oil, lard, etc. on hand to cover the increase in pan-cooking.

Information, Entertainment & Plans

- Minimum Capabilities:

Acquire the proper insurance (home, renter, auto, health, life etc.) and safeguard the insurance plan and contact information

Document with pictures and/or video all possessions for insurance purposes, including writing down the serial numbers for guns and electronics.

- Post in a quick-access location the numbers for all emergency services (police, fire, ambulance, poison control, utility services), and include non-emergency numbers for the same services as well as family, friends, neighbors, etc.

Post a list of important websites next to (or along with) the important phone numbers.

- Copies of personal information like birth certificates, SS cards, driver licenses, with current pictures, kept in fire safe. Have a written plan for what your actions will be for all conceivable events
- Create a "Trigger Point" list that determines what plans need to be activated by event criteria
- Write down your plan for increasing your preparedness level and then use the plan to improve your state of preparedness
- A list of "last-minute purchase items" – in case you have time to "top off"
- Current inventory
- Resource materials (books, CDs, etc.) covering a wide range of topics
- Instruction and repair manuals for everything
- Backups of all important computer files
- Hard copies (printouts) of all critical information contained in computer files
- Backup copies of your computer data on discs, USB flash drives, portable HDDs

An evacuation plan and prioritized grab list

Plans and equipment for making expedient antennas (see Communications and Computing)

Pocket list of contact numbers for family, friends, team members

(see Communications and Computing) Pocket list of radio

frequencies used (see Communications and Computing)

Forms of entertainment (games, books, music, DVDs, CDs, MP3 players drawing,

coloring, cards, football, frisbee,

baseball/throwing ball, soccer ball, etc.)

- Extended Capabilities:

Maps of surrounding area with extensive notes on routes and areas, including conditions

at different times of the year (see

Navigation and Signaling)

- "Range cards" for your entire property
- Defense plan for entire property (who goes where,

with what, does what, etc.) Triple backups of

everything that's important

- Personal Items
- Purse
- Wallet
- Money
- Personal Id

- Notes:

A "last-minute checklist" is generally a bad thing to implement. It's better to have all the equipment and supplies on hand before an event occurs.

A Grab List is a list of items that you want to take with you in case you need to evacuate your home. The grab list should include everything that you would want to take, in priority order, so that you don't have to try and remember while you're scrambling to evacuate.

Additional Entertainment considerations include games for kids, books (or reading material) for both education and learning resources, and books that show how to play more games (adult and children) using cards and other materials.

- It's a good idea to keep important documents in a fire-resistant safe
- Entertainment items such as DVDs and CDs require the use of additional electronics and power, see appropriate categories.

- A "Trigger Point" is an event that you have pre-determined that will cause you to enact certain parts of your plan. For example, When virulent H5N1 reaches Canada or Mexico, your plan calls for you to do _____(whatever that might be).

Lighting

- Minimum Capabilities:

Instant-on light for each member (a decently bright flashlight that doesn't burn through batteries, like an LED light) Area light (prefer safe LED or fluorescent instead of flame-based light)

Spotlight, handheld, battery powered (see Alternate Energy)

- Extended Capabilities:

Provide power to all normal light for home

with Alternative Energy. Spare parts for all

lights (bulbs, etc.)

- Notes:

LED lights are preferred due to their lower consumption of battery power.

Navigation & Signaling

- Minimum Capabilities:
- Maps of surrounding area, including topo, road atlas, etc.
- (see also Information and Plans) Compass, several quality instruments
- Protractor, rulers, grid squares, alcohol-erase markers, pencils, grease pencils etc. for map use
- Waterproof map cases, waterproofed maps, or maps covered in clear acetate
- Extended Capabilities:
- GPS with built-in mapping software and direct-entry of information (coordinates, descriptions, etc), preloaded with the appropriate maps
- Power support for GPS (see Alternative Energy)
- Notes:

NBCP (Nuclear, Biological, Chemical, Particulate) Defense

- Minimum Capabilities:
- N100 or P100 masks/filters
- Tyvek suits, including hood and over-boots
- Nitrile gloves
- Air filtration system capable of providing positive pressure in a saferoom area, with spare

filters

EMP surge protectors on all sensitive equipment

Decontamination gear and supplies

6 mil plastic in rolls and metal tape for safe rooms plus back up materials

Potassium Iodine/Iodate (KI) tablets, enough for a minimum of 14 days for each person

Log book for noting exposures and readings, pencils, pens,

calculator, ruler, log-log paper Radiological Instruction

manual (like "Fallout Survival" by Druce D. Clayton; FEMA)

Extended Capabilities:

Air filtration system capable of providing positive pressure to whole house, with spare

filters

EMP surge protectors on all house outlets

Radiation meters (survey

and dosimeters) Fallout

shelter

Notes:

Air filtration system filters needs to be at least

HEPA and possibly ULPA. Quantities for the

above are at your discretion

Do not expect to stay in any room that has been sealed up with plastic for more than a few hours unless you are providing filtered air into the room.

Personal Care & Sanitation

Minimum Capabilities:

Ability to handle human waste (ask yourself, "how and where am I going to go to the bathroom, and what am I going to do with it once I've finished?" and "Do I have enough toilet paper?")

Two pairs of eyeglasses, both with current prescription

eyeglass retaining straps

Toiletries: Make sure you can do everything in the bathroom that you do on a daily basis, including:

bath / wash (soap)

brush teeth

take care of

dentures

wash hands

floss

clean

contacts

trim nails

comb/brus

h hair

makeup

shave

deodorant/antip

erspirant

Keep skin from drying (lotion)

Tweeze

hair Clean

ears

Blow/clean

nose Dry

self

(towels)

Feminine hygiene items

Garbage disposal and recycle/reuse

Buckets

Plastic trash bags for waste both human and other to keep buckets clean

Deodorizers (Lysol, baking soda and vinegar, liquid

porta-potty enzymes, etc.) Lice/Nit comb.

Extended Capabilities:

More of everything above

Running hot water (see Alternate

Energy and Water) Running

showers

Compost garbage and waste

Spare buckets

More plastic trash bags

Notes:

Pets & Animals

Minimum Capabilities:

30 days of stored food and water for each pet

Ability to handle pet waste if pet cannot

go outside for 30 days Pet care needs,

special medications, toys, etc for 30 days

Leashes and kennels for each animal

Tie-down stake

Pest control for pets

Shot / Vet record

Up-to-date shots

Extended Capabilities:

90 or more days of stored food and water for each pet, eventually working towards an

indefinite supply for all pets

Ability to handle pet waste if pet cannot go outside for 90+ days

Pet care needs, special medications, toys, etc for 90+ days

Pet first-Aid kit

Tested recipes for pet food from stored and/or gathered

food sources, food scraps, etc. Notes:

Shelter, Fire & Warmth

Minimum Capabilities:

Tent(s), enough tent space to contain all members and gear

Tarps, decent selection for general and miscellaneous use

Sleeping bag or other bedding of choice for each member, capable of keeping person warm in sub-freezing temperatures

Ability to make fire in, at least, 3 different ways

Spare sheets and blankets

Pillows (as needed)

Extended Capabilities:

Alternate heating source for home

Land Mobile – more durable and mobile sheltering system (e.g., camping trailer) Shelter building tools (see Tools, Repair and Utility)

Shelter repair supplies: plywood, wood strips, plastic sheeting, screws, nails, etc. (see also Tools, Repair and Utility below)

Pre-cut plywood for covering windows if you are in a Hurricane area

Ability to repair and maintain your home: Plumbing, Electrical, Carpentry, Roofing, Fencing, Concrete, Welding, etc. Notes:

Stealth & Camouflage

Minimum Capabilities:

Keep quiet – do not tell anyone about your preparedness plans, equipment or supplies

Teach your children not to talk about your preparedness plans, equipment or supplies

Have ready and plausible reasons for what you're doing ("I'm buying all this food for the church cookout this weekend.")

Extended

Capabilities:

Notes:

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Tools, Repair & Utility

- Minimum Capabilities:
- Buckets, with and without lids
- Basic socket set
- Basic screwdriver set
- Basic wrench set
- Basic set of saws (wood,
- metal, etc.) Basic set of
- files
- Basic wrench set
- Multi-meter
- Tarp and plastic sheeting for temporary repair of roof, windows, and siding from
- storm damage. Large-head nails and wood strips to attach them
- Multi-tool, quality construction
- Hammers
- Shov
- els
- Picka
- xe
- Axe
- Hatc
- het
- Rope
- Wire (bailing and
- electrical) Twine
- Fuses
- Crimp connectors

Scissors (need several pair for different tasks; a good

set of scissors is indispensable) Soldering iron

Solder

Drill and drill bits

Measuring tool (tape measure,

carpenter's rule, etc.) Repair/Mend

clothing

Sewing kit

Clothes pins, wooden

Eyeglass repair kit

Extended Capabilities:

- Gather & prepare fuel (axes, saws, splitter, etc.)
- Supply of nails, screws, and some lumber for structural repair of house

Parts & tools to repair critical plumbing items

Spare buckets, with and without lids

Welding setup

- Notes:

This is one of the exceptions where this lists actual items. The reason is that the tool is

often the action; for example, it's

easier to say "hammers" instead of "ability to hammer."

- Some of the items above may require the use of electrical power (see Alternate Energy)

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Transportation

Minimum Capabilities:

Keep all vehicles in good repair

Four wheel drive on main vehicle, or traction-enhanced (locking differentials, etc.)

Main vehicle needs to be able to carry everyone in family, including a minimum of gear and supplies for 1 week

Main vehicle needs to run on standardized fuel (gasoline, diesel), not specialized fuel (high octane, bio-mix, propane,etc.) Stored fuel for one full tank (e.g., if your vehicle's tank holds 20 gallons, store 20 gallons) in man-portable containers

'Fix a flat' or Slime

Self-vulcanizing plug kit

Air compressor (12 VDC)

Hose clamps, various sizes (or hose wrap or duct tape) Siphon hose

Funnels (keep in mind that a funnel for your fuel tank will probably be different from the ones that you use under the hood) Full-sized spare tire

Emergency road equipment (flares, warning reflectors, etc.) Navigation (maps, GPS, etc.), stored in vehicle

Basic spare parts (hoses, belts, sparks plugs, fasteners, etc.) Extra fluids (oil, coolant, transmission fluid, washer fluid, etc.) Tool kit, stored in vehicle

Fire extinguisher

Jumper cables

Recovery

strap/tow rope

Extended

Capabilities:

Extended fuel

storage

Additional spare parts for vehicle

Notes:

Water

Minimum

Capabilities:

Stored water for

30 days

Ability to (conveniently) transfer water out of bulk containers

Purify / disinfect water from the 30-day storage

Pre-filter / purify / disinfect water for an additional 30 days from gathered water

Gather small quantities of water (less than 30 gallons at a time)

Dedicated "dirty water " containers* equal to about 30 gallons, plus additional containers to catch rain water

Spigot-controlled water (on / off valve)

Catch waste water for reuse as grey-water or black-water, small scale (buckets, etc) Have 5-day supply stored in containers that are easy to move when full

Portable capability to pre-filter / purify / disinfect water for additional 30 days or more

Extended Capabilities:

Stored water for 90 days or more

Backup ability to (conveniently) transfer water out of bulk containers

Pre-filter / purify / disinfect large quantities of water (bulk chlorine, gravity/drip filter, etc.) Gather large quantities of water, in excess of 100 gallons at a time

Dedicated "dirty water" containers* 100 gallons or more

Pressurize lines to feed water to one or more locations

Catch waste water for reuse as grey-water or black-water, large-scale

Well water system with alternative energy to keep it running (see Alternate Energy) Notes:

Quantities listed are per person

Know how much water each person consumes per day while performing strenuous activity; use this to calculate how much water you need.

- *A dedicated "dirty water" container is what you use to collect and store raw water before you purify and/or disinfect it.

  They should always be kept separate

from "clean water" containers. A spigot-controlled water supply can be as simple as an Aquatainer.

- "Gray Water" is water from sinks and showers that can be used for gardening, flushing toilets, etc.
- "Black Water" is water that contains animal, human, or food waste

Weather Information

- Minimum
- Capabilities:
- NOAA
- weather radio
- Basic understanding of clouds, weather systems and storms typical in your area
- Weather reference book or poster
- Thorough understanding of weather related alerts, watches and warnings
- Extended Capabilities:
- Handheld weather measurement instruments
- Powered Weather monitoring station
- Attend Weather Spotter class/participate in area SKYWARN activities/training

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Preppers

Checklist

The Basic Survival Guide

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What is a Disaster?

Disasters: Why No one's Really 100% Safe

This is common knowledge—that disaster is everywhere. It's in the streets, it's inside your campuses, and it can even be found inside your home. The question is not whether we are safe (because no one is really THAT secure anymore) but whether we can do something to lessen the odds of ever becoming a victim.

First, what is a disaster, anyway? By definition, a disaster is any catastrophe or tragedy that occurs (can also be identified as a destruction or calamity). That doesn't sound good at all, does it? We should be alarmed at the mere mention of this term and we have good reasons to be because there are so many kinds of disaster.

Name it and it has it. Think of the natural disasters such as earthquakes, hurricanes, flood, tornadoes, tsunamis, cyclones, or even fire and, you wouldn't want this last one, aggression.

Accept the fact that these calamities are in all places. There are areas that

are more prone to tornadoes or earthquakes and there are also some that are more exposed to cyclones.

Take a good look at San Francisco. It's a place that is literally just waiting for the next big earthquake but you can't, of course, expect the people to just leave the place and start a life some place else. Life isn't like that. In life, and in almost everything, there is always a risk. People in Sri Lanka or Indonesia should not stop living because the tsunami could strike any minute. Let's hope that point is driven.

But to better reiterate the point, let's look at a man-made disaster—aggression. Unlike the natural disasters, this is caused by people who abuse and hurt other individuals just to satiate their hunger for power, or to gain religious supremacy, or just to satisfy a craving for violence.

Whatever reasons these crazy people have in their minds, the point is, no one is safe. You could be (or so you think) locked up safe inside your home when all of a sudden someone breaks in and attacks your loved ones. Really, no one is 100% safe anymore. You could be in the world's richest and most powerful nation or in the poorest of the poor country, still, disasters abound.

The only leverage that anyone has against disasters is preparedness. Just like an illness, it is best to prevent it from occurring instead of thinking of the many cures that could be available. Although a disaster could strike anywhere or any minute, you could, at least, perceive a disaster plan in advance.

Preparedness is compulsory to families or even individuals. Let's get down to the details.

If you're in a tornado-prone area, you should be able to set up a shelter where you and your entire family could hide when the tornado strikes. When you're living on an earthquake belt, be sure that your home is earthquake-proof. And you should be able to immediately run under the sturdiest furniture in the house in case the roof caves in.

With people who live in areas where flashfloods occur, they should immediately renovate their home to prepare for this calamity. A few levels added to the original floor plan would be necessary. If this is not possible, then the family should be able to cooperate in saving the appliances and furniture when this destructive force of nature hits.

In the case of aggression or acts of terrorism, the keyword is vigilance. Just

be alert about who you mingle with (especially when you are in a crowded area or in deserted places). Be wary of suspicious-looking people (but don't ignore the decent looking ones, too) and always be ready to act. If you can learn some form of self-defense it would be really beneficial.

In a nutshell, each individual should have a disaster plan (plan A and B, if necessary). Disasters are a reality that each of us should avoid but not ignore. Knowledge and preparedness should be able to save lives—many lives. This is not meant to frighten you but to warn you so that you could arm yourself with the essential things that you would need for survival. And the time to prepare is NOW.

Creating a Disaster Plan for Your Family

What is a Disaster Plan and why each family should have one

A disaster is a fact of life that no one can evade 100 percent. Calamities strike when you least expect them and they take lives by the hundreds (sometimes thousands). Although disasters can be anywhere at any given time, still, you can do something to lessen its catastrophic effects. Each family (or even individuals) should be organized and ready when the

unexpected decides to show up.

Your family is the best team during disasters. First, you all know your strengths and weaknesses and you could bank on each family member's strength for the safety of your family. A family disaster plan is a MUST for every family any place in the world.

Primarily, your family should be able to point out specific disasters that are common in your area. It would be silly to prepare against tornadoes when they do not, or have never even occurred your area, in the first place. As a family, you should know what disasters usually strike in your community. Although it's best to plan for any type of disaster, on top of the disaster plan should be your plan when the most common disaster strikes. As a family, you should be able to agree on what to do and whose role is what when the calamity happens. Each should have an equal task in countering the catastrophe.

Again, being prepared way ahead of the disaster is imperative. It is ridiculous to start talking in panic just when the family is coming face to face with, say, flood. Bear in mind the necessities that could be cut off when calamities happen: no telephone lines (or worse, no cell phone signals), no electricity, or no water. Your plan should center on establishing the most

important part of survival—food and asking for assistance.

If you and your family are not confined inside your home by the disaster, it is best to go to the nearest emergency management office in your area. If you're at home and are not able to go out—don't panic. Although help could take time to arrive, most probably it will, and the best thing to do is to wait it out and have ample food while waiting for help.

Here is a simple checklist that is necessary for your family's disaster plan (but you could add more according to your family's needs):

1. Know what type of disasters plague your community and base your disaster plan on that.
2. Know if your community has a warning system. If yes, can you recognize it at any given minute?
3. Think of the people who cannot fend for themselves and who should take care of them during calamities (the elderly, disabled individuals, even pets).
4. Set a place where your entire family could meet in case your home caves in or is destroyed by a disaster. Have a plan A and plan B.
5. Have escape routes. Do not limit it to just one. Have at least two.
6. Post the emergency numbers where the flood cannot reach it and

where it is safe from fire. It should be in a conspicuous area and everybody in the family should know where it is.

7. Set up a time for the entire family to practice the disaster plan at least once a month so that everyone would constantly be reminded of what they are tasked to do and how to be alert in their roles.

8. More than being physically and mentally prepared is to be prepared with necessities (food and some toiletries). Arrange a kit where there is ample food and water for everyone (at least 72 hours would be good), soap and also some spare batteries. Always include a flashlight in your disaster kit.

9. As a family, you could enroll in classes that specifically deal and discuss how to prepare your family against any disasters. A CPR or first aid class would be a necessity.

10. The last one on this list is very important: Tell your children what to expect during calamities and how not to panic. Let them know the warning signs of a potential disaster and how to contact you in case you do get separated.

Aside from all these necessary things to prepare, it is also better if you constantly keep a prayer in your heart that you and your family be kept safe from any harm during catastrophic moments.

A Disaster Kit

The Disaster Kit: What should be in it?

Just when a disaster strikes, more often than not, families tend to panic not knowing what to do. Although, time and again, authorities tell everyone to prepare for any type of disaster in advance, many people are caught unprepared during such catastrophic events. And this is an alarming truth.

There are many ways of preparing for disasters. Your family could prepare a disaster plan where everything from escape routes and emergency communication can be discussed. The most important thing in this disaster plan should be the family's disaster kit.

By design, a disaster kit should be able to help you survive until help is at hand or until the disaster has abated. In case of floods (where you could be confined inside your home), a disaster kit should be able to provide for food and source of power while waiting for help; during earthquakes, power lines could be severed so your kit should be able to bridge those few days that you are without electricity. Your disaster kit is there for your survival.

But what's IN a disaster supplies kit? Take a pen and paper and start jotting down:

1. Keep in mind that the best time frame for any disaster kit would be AT LEAST 72 hours. So when you are planning for food that you would include in your kit, you should always multiply that by three.
2. The most basic necessities during a disaster are: water, food, supplies for first aid and sanitation, extra clothes and beddings.
3. Remember to put the necessary supplies inside an easy to carry bag (a backpack or duffle bag will do). The key here is for you to be able to get it immediately during a disaster and to carry it around with you if you have to.
4. For water: Remember to buy bottled water in advance. They are the safest and the easiest to carry. Keep in mind that different people have varying needs for water. For mothers who are still nursing their children, people who are ill or even children all have varying needs. Remember also that when the weather is hot or humid, the body would need more water so better be prepared for it.
5. For food: Keep in mind that what you should bring with you are non-perishable foods. Store at least a 3-day supply of the following: canned meat or vegetables, canned soup or juices, salt, sugar, pepper (if you must), vitamins, and foods that provide energy (energy bars!). If you have kids in your family, better bring cookies and candies, too.

6. For your first aid supplies: Better bring bandages and gauze in different sizes, tweezers, scissors, wet towelletes, needle, any brand of antiseptic, thermometer, petroleum jelly, latex gloves and soap. It is also advisable to include non-prescription medicines such as aspirin, antacid, anti-diarrhea drugs and laxatives.

7. Sanitation provisions include: toilet papers, soap, garbage bags, disinfectant, chlorine and personal hygiene supplies.

8. Regarding clothing, it is necessary for each person to have at least One set of clothes and shoes (for one change). If you would need heating (and the disaster has severed that, too), then you could include a jacket and some bedding for each family member.

9. One very small but very important tool is a Swiss Army knife. This has everything that you would need during a calamity. With this, it is highly important to also bring spare batteries for your radio or TV.

Together with all the above, be sure to know some items that are not in the list but are necessary for some members of the family such as: nursing formula for infants, feeding bottles, diapers, medications, and important personal documents. For the documents, be sure that they are kept in a durable plastic envelope, plastic bag or plastic container.

These are the most basic and absolutely the most important things that you should include in your disaster kit. When you have put them all in your bag, be sure to store them in a place where you have easy access even during emergencies. Remember, be prepared in advance to lessen the panic!

Helping Your Children in a Crises

How to Educate your Children when Crises Arise

Many disasters all over the world have taken countless lives as they ravaged on. We see the proof every day from newspapers, radio and the television. We hear of people dying because they have been unprepared when the calamity struck. And the worse thing about all this is that—the majority of the people that were helplessly killed were women and children.

Children do not have to become victims of any disaster. Even with their young minds, as parents or educators, we can help them become better prepared for any type of disaster. Just as we, adults, should be prepared to face any catastrophe, so should they. These few tips should be able to help:

1. Primarily, kids should be able to handle disasters with a sound mind and body. It is good to psychologically prepare the children of the possible

disasters and the effects that they could bring. Teach them to control fear and panic by being prepared mentally and physically. Self-confident and well-prepared kids are better able to survive disasters than weaklings.

2. If you are not contented with just you to educate your children about the effects of disasters, then you could ask for professional help. There are certain groups such as The American Red Cross that hold classes for school children. We can help our kids become ready for anything by educating them of the disasters that could happen within your community. Is your area more prone to tornadoes? Then discuss with them how a tornado develops and how they can counter its effects.

3. Discuss any disaster plan that your family has made with the children. They should know all escape routes that the family has established (there should be at least two) and they should be able to locate these places easily. Make sure that you do not keep changing the routes. Be consistent. For much younger children (toddlers and infants), someone should be tasked to take care of them whenever the unexpected happens. This someone should be the one person that spends the most time with the younger children. For children who are already attending school, you should be able to discuss with them the routes that you have agreed upon and practice this with them (do drills) every month if you could. Doing the drills monthly would make your kids constantly aware and alert.

4. Regarding the children's disaster kits, it is highly important that you

consider the age of the child that you are in charge of. If these are older children who are already attending school, then you should be able to put up a kit that includes food, bottled water (kids normally require more water than adults) and a first aid kit. Be sure they know how to use the items inside the first aid kit as this will assure their survival during emergencies when you are absent. For infants and toddlers, think of their immediate needs like infant formula, diapers and bottles. An extra blanket is also necessary for younger kids. Even though these might not be necessary for adults, children could do better with hard candies, cookies and other foods that would keep them busy or pacify them.

5. Discuss the community warning signals with your children. They should be able to recognize the warnings once they hear or see them.

6. Get in touch with the authorities in your child's school and discuss with them (in the child's presence) the disaster plan that they have. Make sure, though, that your child is able to recognize which disaster plan is for your family and which is for the school.

7. If your family has a sufficient number of adults, make sure to assign a child or two to each adult. Be clear with this plan and discuss this with the kids. Each kid should know whom to go with during emergencies.

8. Always have your children pocket a contact number of any relative that they could get in touch with in case a disaster separates you from them. This should always be in their pockets.

To sum it all up, never underestimate the mind of your kids. Most kids, nowadays, are smart. Just be constant with your plans and they should be able to remember what you have taught them.

Watch or Warning

Weather Watch or Warning: Which is which?

Most people would interchange the terms weather watch and weather warning—and this is with a good reason. It's because these two terms are so intertwined that their difference is sometimes overlooked. The very thin line that separates the weather watch from a weather warning is the nearness of the weather condition.

A weather watch should always come ahead of the weather warning. Bear in mind that when you encounter the word WATCH, it actually means you need to be alert for an impending weather disaster. Weather WARNING, on the other hand, simply means the weather condition that you are 'watching' is nearing or is actually happening.

Let's discuss the weather watch first. With the issuance of a weather watch, the people are advised to make the precautionary measures that would save them from the impending weather circumstance. Some of the weather conditions that could have a weather watch would be winter storms, thunderstorms, flash floods, tornadoes or even wildfires. With a weather watch, people are being sent out the precaution that the weather condition might worsen. There is no certainty in it, though, so the weather condition might or might not worsen.

Off we go to the weather warning. With a warning, it has been observed that the storm or tornado (or whatever weather condition) is very near your area and is likely to hit it. If not, the weather condition is already or actually happening in your area. With a warning, all the indications and conditions have been seen and, hence, the issuance of a weather warning.

As families or as individuals, it is always imperative to be alert at all times. Preparedness from any form of disaster should be equally observed alongside any weather watch or warning that was issued. With the issuance of a weather watch, you should be on the standby for the approaching disaster. In case a weather warning has already been issued, then it is high time to take some shelter or to move out of the area (if necessary).

Let's look at a few weather watch and warnings that are commonly issued. Be sure to take note of the difference in each:

1. A Flood Watch—there is a possibility that waters from higher areas have gone down to lower areas or the river would overflow at any given time. There normally would be at least 6 hours to prepare for this. It is most probable that after torrential rains, the floods would follow.
2. A Flood Warning—the flood has occurred and is near or already in your area.
3. Flash Flood Watch—this is very similar with the signs of a flood watch.
4. Flash Flood Warning—this is usually issued upon the occurrence of an ice jam, when the dam has failed or when there is torrential rain.
5. Tropical Storm Watch—storm signs are up and the winds could be ranging from 39-73 miles per hour. With this, the storm is expected to hit the forewarned area within the next 6 hours.
6. Tropical Storm Warning—this is every bit like the watch except that it's due to hit the area within the next 24 hours.
7. Hurricane Watch—within 36 hours, it is possible that the winds sustained at 73 miles per hour would hit the area.
8. Hurricane Warning—the difference is, when a wind with sustained strength of 74 mph or more is due to hit the area in 24 hours or even less.

With this warning (even if the winds have already died down), it is possible that because of titanic waves that this warning would remain in effect.

9. Tornado Watch—the signs of a tornado are everywhere and it is nearing the forewarned area.

10. Tornado Warning—an actual tornado has been sighted and reported. This is also issued when the radars have indicated the appearance of a tornado.

11. Severe Thunderstorm Watch—the conditions are favorable for a thunderstorm to develop and the signs are near the area.

12. Severe Thunderstorm Warning—the thunderstorm has been reported by 'spotters' and is already within the area or very near it.

This list should have cleared the minor difference between a weather watch and a weather warning and end the confusion.

Disasters and People with Disabilities

What People With Disabilities Need To Do To Prepare For A Disaster

When disasters strike, children, seniors, and people with disabilities or are sick are the ones that suffer most because they are usually not capable of

independently taking care of themselves during such incidents. The only way for people with disabilities to be able to survive during disasters, such as fire, earthquake, flooding, hurricanes, riots, avalanche, and others, is to be prepared for any eventuality. This is especially true for those who are independently living alone.

Below is a step-by-step guide that disabled people need to do to prepare themselves for calamities and other untoward incidents:

Step 1: People with disabilities, especially the ones who are living alone, need to acknowledge that they need other persons to help them in case of emergencies. There are many who have been so used to being independent that they feel confident that whatever happens, they would be able to survive even without outside help. Knowing your limitations is the first thing you need to do to prepare yourself for disasters.

Step 2: Everybody, including disabled people, must form a support system, which is composed of at least three to four persons. If you are disabled, you need to ensure that you have support systems at home, at work and at places where you often spend a lot of time. The members of your support group must be the people you trust, such as family, friends, officemates, neighbors and even authorities, such as the police.

Your support group must be the one to inform you if there are emergency evacuations or upcoming disasters. They also must be ready to go to your house, if the need arises, to see how you are, provide what you need, or check on you once in a while during the emergency. You must also teach each member of your support team how to operate the equipment you use, such as respirators, motorized wheelchairs, etc, so that they if they need to evacuate you, both of you can act nimbly and quickly. Sometimes, a few seconds could mean your life or that of your friend or family.

Step 3: Inform your local community of your condition and your needs in case of emergency. In fact, you need to have yourself registered as a person with disability so that they can inform you immediately if there are impending disasters or respond with the right equipment in case you need a medical emergency. Local authorities won't be able to help you properly if you don't tell them about your condition.

Step 4: Prepare your own disaster plan. Surf the Internet for guidelines provided for by emergency preparedness organizations like Red Cross. You can also visit your local disaster coordination unit or local Red Cross chapter so that they can help answer your questions about your disaster preparation plan.

It is also best to discuss your plan with each member of your support group. Try making a plan with them so that they are aware of their responsibilities and they can also help you improve your plan. Once you have finished creating a plan, do not forget to give all the members of your group a copy of the plan. You also need to have a copy of your plan handy.

Your plan must include some internal arrangements on how you would be able to receive warnings, your escape routes or evacuation plans. If you have mobility problems, you need to know what to do or how to escape your building if you cannot use the elevator. If you need electrically powered equipment, such as respirator, you must have back up plans just in case there is no electricity.

If you are dependent on a guide animal, you also need to introduce the member of your support group to your pet. It would be quite difficult for people to help you in case of emergencies if your guide animal is blocking the way and threatening to attack any member of your support group.

You also need to inform your support group where they can find the key to your house or car. Better yet, give them a duplicate of your keys so that they can enter your home when need arises. Thus, it is imperative that

members of your support group are people who can absolutely be trusted because you are almost entrusting them your life.

You also need to always carry with you a health card, containing important information, such as blood type, condition, medications, or allergies, which may be needed if you are rushed to a hospital. Each member of your support group must also have a copy of this.

Step 5. Prepare an emergency kit, which must contain food, water, medicines, clothes, oxygen, batteries for your medical devices, and provisions for your guide animal. This emergency kit must be accessible and must be regularly checked.

You are responsible for yourself, even if you have disabilities. Thus, it is imperative that you take action now in ensuring that you are prepared whenever a disaster might strike.

How to Create a Support System

Useful Tips On How To Create A Support Group or System

No man is an island. Everyone needs someone, especially during disasters and emergencies. Unfortunately, nowadays, even people living near each other do not care or do not have time to care. Often times, people die alone in their houses or apartments with nobody even noticing their absence.

Because of the increasingly autonomous society we are in, all of us need to create a support group or a self-help network, which we can depend on during disasters and times of emergencies. This is especially true for people living alone, seniors, disabled, and single parents, who may find it difficult to evacuate his or her children in times of crisis.

What exactly is a support network?

As the name implies, a support network is a group of three or more people who have committed to help one another in times of need, particularly during emergencies, evacuations, and man-made or natural disasters. The members of your group will be the ones to inform, call or remind you if there is any news about impending disasters. They will be the one to notice when you are missing or know about your medical history, needs, and other important things about your condition, such as allergies or disabilities. They should be the people you trust and who trust you.

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A disaster or a catastrophe waits for no one; that is why, you need to act now and start creating a support group or self help network in your neighborhood, in your office and in places that you frequent.

Here are some important tips on how you can create a support network:

Identify the places where you need a support group

Aside from your neighborhood or home, you also need to make a support group in the place where you spend a considerable amount of time in a week. Disasters strike anywhere and anytime, so you cannot always rely on your neighbor to be there for you when you encounter an emergency in your workplace or school. This is particularly important for people who cannot independently save themselves during catastrophes.

Choose the members of your group carefully

The key to a successful support group is trust. Since you are sharing your personal information and sometimes giving access to your private abode to members of your group, you need to ascertain that all of them can be trusted. Ideal support group members are your friends, neighbors, roommates, family and co-workers.

Make a personal assessment of your strengths and weakness

Team effort is important in such a network or group. Thus, before you can form a group, you must know what you can do and what cannot do during emergencies. This is particularly true for disabled individuals. How will your support group be able to help you if you don't tell them exactly the things that you need particular help with? Moreover, they must also know your capabilities so they would know how you could help them too. If you don't know how to drive, then your group should know that so when they need someone that would require driving skills, they would call on other people or other members of the group.

Make a plan as a group

When it comes to disaster planning, two heads (or more) are definitely better than one. Therefore, you need to meet as a group to discuss the things you need to do in case of fire, flooding, avalanche, emergency evacuation, terrorist attack, riots, typhoon and other disasters. You and your group could surf the Internet, buy books, or even visit emergency preparedness organizations to help you with your plan. Furthermore, it is also wise to not only have a plan A, but also plans B and C just to be on the

safe side

Teamwork should already be evident during the planning stage. How are you going to entrust your family or yourself to someone who doesn't want to participate in one of the most crucial stage in emergency preparedness?

It is also important that everyone in the network have all the important numbers, a copy of the plan, and even your health records or a list of your medications. For medical emergencies, it would really be advisable that the doctors or nurses immediately know your blood type, allergies, medications, etc, in case you need urgent medical attention.

Constantly inform each other of your whereabouts

If you live alone, it would be wise to tell your support group where you are going, how long is your trip, when are you expected to return, and who you are with. This is important so that they could regularly check your house, or could inform authorities if you haven't showed up for quite sometime.

What If You Must Evacuate

What If You Must Evacuate? The Importance Of Routes And Practice

Many incidents, whether caused by humans or by nature, occur in ways that evacuation may be the only way to safety. Leaving a dangerous situation or a disaster-stricken place for safer grounds has been proven to spare the lives of countless victims from ultimate demise. For many disaster coordinating organizations around the world, evacuation from situations as small as burning buildings to large threats like hurricanes, flashfloods and even terrorist attacks may be the first step to be recommended or ordered to affected population.

So what should you do in case an unfortunate event threatens your town or city and you are compelled to evacuate your area? What are the important pointers to remember to ensure that you and your family will remain to be safe in an evacuation? Here are two important steps that can increase your chances of evacuating for safer grounds.

Know Your Evacuation Route

The most important consideration for a safe and successful evacuation is to know where to run for safety. There is not much sense in having a ready bag of survival kits but not knowing where to go. In almost any evacuation, the route to safety may be the single basic information that should matter most

to anyone concerned. Knowing the evacuation route cannot be overemphasized, as this is the part of the evacuation procedure on which the success of all the other steps in the process depends.

Evacuation route plans for your city or area must be placed in conspicuous locations like bulletin boards around streets, blocks, local government offices and even popular cafeterias. Information about one's present location and the directions one should take in case of evacuation must be prominently printed on the route notices. Some important reminders to add to these postings may be the meeting places and important things one can bring when emergencies requiring evacuation do exist.

Effective evacuation route notices must have more pictorial or graphical descriptions than textual ones; this ensures that the directions can be easily memorized. Route postings should be made with materials and sizes that can be easily detached from the place where they are posted and can be conveniently carried by the evacuees.

Evacuation routes must deal with primary and secondary exit routes in your city or area. It is also helpful that assembly areas per street or block must be established in the evacuation route, this will ensure that no one in the area is left out helplessly. Local authorities and your neighborhood must

ensure that any assigned exit route must be kept clear from obstacles at all times. If possible, public address systems or speakers must be installed within the evacuation routes to remind people about things vital for survival like remaining to be calm.

Practice Your Evacuation Route

Despite advanced weather warning systems, most calamities happen without warning. The fact is that disasters can rarely be predicted in advance. The one thing that can help you and the people in your area is to have a sense of familiarity with what to do and where to go in case of emergency evacuation practices.

Evacuation route plans, no matter how important they are, may be rendered useless if the steps in the plan are carried out in a fouled up manner. The trick is to make the evacuation route plan as much a part of each individual's instincts as possible. Each member of your community must be trained to prepare for evacuation emergencies. Local authorities, particularly of those areas often visited by nature's wrath, must require their constituents to undergo evacuation drills that stick to route plans.

Conducting drills pertaining to evacuation routes provides a venue for

reviewing the efficiency and effectiveness of established route plans. Regular practice of the steps embedded in your local evacuation route plan will result to a more cohesive and organized manner of vacating your affected area. Practice drastically reduces panic that can easily turn an already stressful emergency situation from bad to worse.

Evacuation route drills increase self-confidence among members of the community which in turn increases presence of mind among individuals. And presence of mind spells safety or danger in real evacuations. Ultimately, a combined evacuation route plan known to everyone in the community and regular evacuation drills based on the route plan can be the lifeline to safety.

First Aid for First Response

A Guide to First Aid Courses

Emergencies happen when you least expect it. Therefore, everybody should somehow prepare ahead and equip themselves with necessary skills or training that is needed during such instances. Everyone should undergo first aid training so that they will be ready when medical emergencies arise. It is truly frustrating to be in a position where you watch the person you love

wither away and do nothing about it because you don't have the slightest idea what to do.

Importance of knowing first aid

It usually takes several minutes before a person who is suffering from injuries and other medical emergencies is brought to a doctor, a clinic or a hospital. In life threatening situations, the injured or sick person usually needs immediate aid or first response aid to help him or her survive the long wait before the arrival of medical professionals. If a person is bleeding to death, a person who knows first aid can help stop the bleeding temporarily until a professional medical practitioner is available.

The number one cause of death in the US is heart attack. And the first few minutes after the person having an attack collapses are the most crucial moments that will determine if he or she will live or die. The chance of survival of those who had received defibrillation and CPR (Cardiopulmonary Resuscitation) is about fifty per cent. In life threatening situations, a person who knows first aid will know how to bring order to the situation, help prevent further damages to the inflicted person, and even provide temporary relief or treatment.

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Common Types of first aid courses

Basic First Aid Course

The first thing that you will learn in a basic first aid course is emergency preparedness. You will acquire a level of confidence that will help you be in control in certain situations, such as accidents and emergencies. Moreover, you also learn how to treat minor wounds and injuries, particularly burns, bruises and abrasions. Improper first response treatment of wounds and injuries often results in serious infection; therefore, it is imperative that everyone should know how to properly handle even such minor injuries.

In a basic first aid course, you will also learn about choking procedures and poison control. You will learn the first response treatment to broken limbs and bones. Sometimes, people with broken bones get into further serious injuries because people who move them do not know how to handle such situations properly.

Basic first aid courses will also train you to assess the situation, assess the patient and his or her conditions. Usually you need to undergo basic training before you can perform CPR and other more advanced first aid treatment.

Advanced First Aid Courses

The advanced course in first aid is usually more comprehensive in scope. Such courses will now focus on more important first response treatments on life threatening situations. The primary management of head, chest, and abdominal and pelvic injuries will be taught, as well as identification and supervision of internal wounds and bleeding. More often than not, the study of how to perform CPR and EAR (expired air resuscitation) will also be taught for both child and adult.

Specialized First Aid Courses

There are many first aid courses designed for people with particular responsibilities or concern. If you are a mother or a babysitter, you may want to attend a first aid course that is specifically designed to perform first response treatment to common emergencies concerning infants and children. It is usually very hard to determine what is bothering an infant because he or she cannot talk, so a first aid course for the care of infant and children is very important, especially for first-time parents.

If you are planning to become a lifeguard, you also need to undergo a special first aid course that specifically teaches you how to handle

emergency situations in pools, lakes, seas and other bodies of water.

If you are very active in sports or are involved in sport activities, you might need a special first aid course that is specifically designed to identify and manage injuries that are linked to sport activities. Most of the training will focus on handling cramps, sprains, and muscle and bone injuries.

Prevention of sports accidents may also be included in the training.

Food Stores

Food Stores: The First Line Of Survival

Natural calamities like hurricanes, earthquakes, and snowstorms are but a few of the major disasters that can most certainly cut anyone's access to essential necessities, particularly food. In the most trying times during and after an onslaught of natural or manmade calamities, the most important thing to have may not be your new pair of jeans or your plasma television set; but rather your stash of food at home. Food, along with water and first aid materials, is a fundamental prerequisite for any chance of survival during emergencies.

By taking the necessary steps to store food before any disaster strikes your area, you and your family will dramatically increase your odds of making it through. Even if you are living in a modern city where most people probably think that strong winds and tremors, among other things, can hardly affect your way of life, storing an emergency food supply may still be a good thing to consider. One can never tell what will happen when disasters strike, so there can be no room for complacency even in rare places where food supply may not likely be disrupted by a calamity.

The basic considerations in storing food in preparation for emergencies include the nutritive contents and the longevity of the type of food. It is always desirable to store food that will last for an extended period of time without causing food poisoning. The most common food supply that is convenient for emergencies come in the form of canned goods, vacuum-packed goodies and handy dry mixes.

Nevertheless, perishable food stored in your refrigerator is a vital addition to your emergency food supply. They may have shorter shelf life, but steps should be taken to extend their usefulness and should never be squandered carelessly. Fresh leafy vegetables, fruits, meat and poultry can last for a few weeks even in the absence of a working refrigerator in case electricity has

been cut off.

As for meat, fish and poultry, if these are frozen hard, they may last for a week or two if they are kept frozen for as long as possible. At the first sign of electrical blackout in your area, you must put newspaper and other materials in your fridge as additional insulation to prevent ice crystals surrounding your frozen food from melting quickly; thereby, lengthening the frozen state and the life of your meat, fish, and poultry. If all these steps fail, the next best option is to cook and consume your frozen food immediately.

Fresh fruits and vegetables can last for days as long as flies and other parasites are kept at bay. Keep these foods covered and dry. If there is still ample time to prepare before a calamity strikes, pickling fruits and vegetables may be a good idea; pickled fruits will provide you with all the nutritional goodness of vegetables and fruits even during emergencies.

As you start to make your food cache in preparation for emergencies, you should also take into consideration the tastes and food preferences of each member of your family. As much as possible, your emergency food supply should consist of food that is familiar to you and your loved ones. Your emergency food stash does not have to be bland and displeasing, and worse,

unwholesome.

A good list of food to store for emergencies includes dried fruits, meat and fish. Canned meals, soup mixes, cereals, and noodles can provide substantial sources of energy. Do not forget high-energy chocolate bars, candies, crackers and chips to keep the kids happy. And while you are building your food store, include instant coffee, juices, milk, sugar and even tea; your body will need liquids as much as solid nutrients so do not forget potable water too.

As much as possible you should try to store food rich in energy; like food laden with carbohydrates and proteins. During emergencies, your muscles will need all the fuel they can get to function properly and efficiently. Also, try to include comfort foods in your food store; this will be good for children and adults as well. In the end, food will not only benefit your body but your determination to survive as well; as food will help decrease stress and raise the hope of survival for you and your family.

What About Your Pets In an Emergency

Caring for the Pets During an Emergency

Accidents and disasters can happen anytime. Things can get out of hand and before you know it, you are struck with a big problem. The damages can also be very devastating. Watching the news can sometimes help when it comes to storms and hurricanes. However, no matter how much you prepare, these events can happen when you are least prepared.

This is why people are now advised to get their own insurance. This is to protect the interest of everyone in the family in case an emergency happens. However, what about the pets? You simply cannot leave your pets alone. Thus, it is best to ensure their safety. Ordinary insurance policies will not cover the beloved pets. Our pets are also irreplaceable to us. Thus, what can you do about your pets in an emergency situation?

The Well-Being and Safety of the Pet

There are many ways by which an owner can care for his or her pet under ordinary circumstances. However, when something out of the ordinary happens, you must also make sure that you are equipped with the right extraordinary means.

Many options are made available now to pet owners. These can provide contingency plans in case of a crisis or emergency situation. These will also

ensure the safety of the pet even if disaster should strike. All it takes is for you, the owner, to know the option. Here are some of the points to keep in mind.

Securing a Pet Rescue Sticker

You can get a ET rescue sticker that will alert rescue teams in case of emergency that you have one inside your premises. These stickers come in bright colors. It will also immediately indicate the kind of pet in the house. Make sure to put the sticker in a location where people can easily see it. Put it in the window, door or gate. It must be prominently seen so rescuers can immediately respond.

Tell Your Neighbors about Your Pets

It is also a good idea to inform your neighbors that you have a pet inside the house. Your next-door neighbors can give a hand in getting your beloved cat or dog out of danger in case you are not around and something happens. Your neighbors also can take on the task of informing the rescuers about the presence of a pet inside your premises.

Inform the Management

For people who live in rented areas or apartments, it will also be helpful to inform the management of the pets you are keeping. They can easily notify you during an emergency situation through the contact information that they require.

Contact Information of the Veterinarian

It is also helpful to keep at hand the important numbers that you can contact in case something happens to your pets. The numbers of the veterinarian and animal emergency team can be very useful when the need arises.

Store Some Pet Carriers

Animals can also panic when things go out of hand. It is best to maintain the pets within your watch. Do not let them loose as much as possible or else they might just run away and encounter more danger. Make sure that you have a pet carrier or at least a collar and leash. These will help you keep your pets beside you in case of emergency.

Emergency Kit

Consider the possible medical needs that may arise when it comes to your pets. It will be very prudent to include some stuff that in your emergency kit that your pet can benefit from.

Name Tags

Pets must also wear nametags with your name and contact number in it. This is a very good way to insure that your pets can come back safely to you in case you lose hold of them.

Microchip Option

You also have the choice to have your pet undergo a procedure to attach a microchip into the body of your pet. This is also relatively inexpensive. Animal shelters can use the microchip information so they can reunite immediately the lost pets to their owners.

These steps will definitely ensure that the safety and well-being of your pets will not be sacrificed during emergency situations. It will help you feel more at peace with the assurance that your beloved pet is at least insured in its own way.

Medical Emergencies

Preparing for Medical Emergencies

Preparation is the key word to ensure that you protect your interests when things go out of hand. This is the key to minimize the loss and damages that may arise in case of medical emergencies. You only need to know specifically how to prepare for such situations.

What Is an Emergency?

An emergency situation is something that happens due to an accident or because a medical need suddenly arises. For example, a vehicular collision due to negligence of the drivers can injure passengers and passersby.

There are also instances when ordinary things turn out as a big problem due to causes beyond the control of anyone. Sometimes, an experienced swimmer can be merely taking a dip on a pool and end up with cramps and drown. This is one emergency that will call for attention.

Thus, whether it is an untoward incident or a heart attack that needs to be

resolved, it is a must to be prepared to face the medical emergency.

Preparing for Medical Emergencies

There are various ways by which people can be prepared for an emergency. It all depends on your initiative to make these contingency plans a possible option when the need arises. Thus, keeping the points provided here will definitely contribute to that.

1. Emergency Contact Numbers

It is always a prudent choice to have emergency contact numbers in the possession of everyone in the household wherever they go. This will insure that you are immediately notified if something comes up.

This is also especially useful to someone who has a health condition. The emergency number can include the contact number of the physician. This can help the person attending to the situation on what things to be careful with.

2. Bring a First Aid Kit

Your first aid kit serves as your reliable supply for equipment to attend to basic medical needs. This is the best way to be prepared for any medical emergency. The first aid will be the very assistance that you can give to the person who is sick or has been injured.

There are standard first aid kits that can be purchased from the market. These kits will include the basic elements needed to attend to an injury or ailment. The list includes gauze, ointment, disinfectant, medications and a compact container.

It is also possible to make the contents of your first aid kit specific to your needs or circumstance. The first aid is crucial especially when you travel. This will keep you prepared for any situation even if you are outside the house. A first aid kit in the household can be of good use when accidents happen or when disaster strikes.

For example, going outdoors can expose you to many things. It is possible to encounter situations like bee stings, snakebites or spider bites. These are situations that are not as devastating as a heart attack, but must be properly attended with the right first aid kit just the same.

3. Emergency Supplies

Aside from the first aid kit, there are also supplies that will help you stay in control during medical emergencies. These will ensure that as you address the situation, you also get to secure the professional help needed. This is true, especially in case of more serious situations like a heart attack or someone drowning.

A flashlight is one tool that will help you if an accident occurs at night. This will provide the needed lighting so you can properly proceed with the needed medical attention.

Your cellular phone or a portable radio communication will also be useful in case of medical emergencies. This will help you immediately contact the proper authorities to ask for help. Make sure you have backup for the batteries of these tools.

4. Medical Insurance

Finally, to at least cover up for any damage or loss brought about by medical emergency situations, getting a medical insurance is the key. Some situations may require serious medical attention and treatment that can cost a lot.

Getting a medical insurance will aid you in getting the proper attention in times of emergency without the worry of the huge bills that may consequently follow.

There are things that cannot be avoided like accidents and disasters. Still, you can still be in control by preparing properly when the situation and need arise. Just keep in mind the right things to do and the tools to possess to ensure that you are ready to face any medical emergency.

Safety Proofing Your Home

Essential Steps to Safety Proof the House

Every family needs a comfortable and safe house to live in. It can be your dream house or a simple apartment that you are renting. No matter what type of abode you may build with your family, the number one priority is to keep it secured.

Security and safety are the primary considerations to be able to live comfortably in any household. This is the only way to sleep soundly at night

when you are tired from work. It pays to have a good sleep when everyone in the household retires at night.

This is also a very crucial consideration whenever you leave the premises of the house. You have to be assured enough that the contents of the house will remain intact when you return. Thus, safety-proofing your home is really a priority. This is more than just a consideration of comfort. This is for the protection and safety of your family.

Many people will first think of getting insurance, so as to protect their interests as to the contents of the house that might be lost or damaged when untoward events happen. However, before you go that far, you must lay down a good foundation. Your house can only get a good insurance policy if you are able to provide a good groundwork in the household. This means that your house is well maintained, together with being secured. Keep in mind that insurers will look for something that is not high risk. Thus, it is very important that you ensure the safety proofing of your home on your own too.

Some Steps to Safety-Proof Your Home

You may have some good idea on how to insure the interests of the house,

but you might still be clueless on the necessary steps to keep it safety-proof. If that is the case, then reading some of the tips here can help you in your endeavor. Today, there are many ways by which you can ensure that your house is safe for living. These can also help you easily get approval for insurance applications.

1. Fencing the House

Some neighborhoods provide security systems. However, for those who cannot rely on the group effort, you might want to consider fencing your house. This will ensure that people who are not invited inside cannot easily enter. You may also put up some alarm or security system to immediately alert you whenever an intruder comes.

2. Check the Roof and the Gutters

Any household should regularly check up the gutters and the roof. These are parts of the house that primarily protect the house. Thus, you must see if there are any cracks or loose parts so you can properly address them.

They can cause leaks if not resolved right away. This will damage the materials inside. Cleaning these areas will also ensure that they are free of

debris. This will eliminate the risk of hitting someone below if a debris falls.

3. Ensure Proper Wiring

Only a qualified professional must install the electrical wiring in the household. Most fires are due to faulty electrical system. Thus, taking an extra mile for this aspect will secure a safer home for you. Take the initiative also to keep from overloading the electrical outlets. Combustible items must also be kept at a safe distance from electrical tools. Appliances must also be used properly.

4. Avoid Falling Branches

Some households have gardens that grow large trees. Some of these trees can give way to falling branches that can cause damage to property. Thus, if that happens, it will be your responsibility. This can also hurt people if any accident happens. Thus, it is best to properly maintain these if you plan to grow big trees. If possible, stick to growing smaller plants.

5. Secure a Good Gas System

The gas supply in your household is also crucial for the safety of the house.

Have a qualified professional check your gas system. Have the radiators, boilers and appliances checked. Be particular also with the carbon monoxide levels emitted.

These points are helpful tips to keep in mind. These will help you in safety-proofing the home. At the same time, this will give you and your family a well-deserved peace of mind.

Disaster Insurance

Preparing for a Disaster with the Right Insurance

Planning things ahead of time is the best way to ensure that you execute things the way you want them to be. However, there are some things that could happen that are totally out of the ordinary. There is no way you could plan for it.

Accidents and emergency situations are some of the instances that can really surprise you. These events are out of the control of any individual. They are beyond your means and power, just like when a disaster strikes.

Still, this does not mean that you are completely helpless in such situations. You really cannot have these events booked in your schedule so you can be out of the way when such serious disasters happen. Yet, you still can prepare for it in your own way.

Getting the Right Rental or Homeowner Insurance Policy

Owning or occupying a house entails the responsibility of taking the necessary precautions to protect the property and everyone in the household. This will, of course, cost you some amount, but it will be worth the security ensured.

There are also instances when getting covered by insurance is a requirement. Some lessors or managers of apartments will require their occupants to first get policy coverage. There are various insurance policies that can be offered to you as you occupy your house or rented premises. These will cover the usual incidents and specified risks that coincide with the occupation of the property. However, these standard homeowner policies will only cover the usual incidents that go with occupying the premises. It can cover areas such as repairs, maintenance, security or damage. Consequences of disasters are not included.

Some standard insurance policies can cover instances of flood or earthquake. However, there is no assurance that it will cover completely everything needed. The coverage also depends on the risks in your locality to such disasters. Thus rather than wish for this, it is best to take the step to get your household covered. The key to completely protect your interests at all times is to get the right kind of insurance that you can rely on in case a disaster strikes your household.

Getting a Disaster Insurance Policy Coverage

Disaster insurance will cover any disastrous event that could be very devastating to a particular locality. This covers happenings such as tornados, earthquakes, floods and hurricanes. This will answer for any damage or loss brought about by the disaster. However, these policies will not cover the extraordinary happening of disastrous events mentioned above. You really need to get an additional disaster insurance.

Getting disaster insurance can be relatively expensive. This is one reason why most people do not immediately get it despite the fact that there really is a necessity to have one. Owners of houses do not have enough motivation to get one unless they are required. They will really not choose to buy one. They only feel the need when the disaster strikes already, but this is too

late.

It is very crucial that you get to know the risks of your home. You cannot afford to gamble with the chances and sacrifice everything you invested to the household due to a misjudgment as to getting an insurance policy.

The best resort for you is to review your options when getting an insurance policy. This is to make sure that you are properly covered for any disaster that could strike. As such, the money you will allot for the insurance will be worth the sacrifice.

Risks in the Locality

You must know the risks in the vicinity of your household. For example, some places or states are at high risk during an earthquake, especially those near the fault line. If you are in such a place, then getting covered is really a must.

Review the Terms

It is also very important to carefully read the terms of the policy. Make sure that it is favorable to you or that you will be protected in the event of a

disaster. You cannot afford many exempting clauses that are as good as having no insurance at all. Get to know the instances that are covered as well those that are not. This will aid you in considering the need to get another policy to cover for those not included in your first one.

Get yourself insured now. Take these notes at hand to make an informed decision and you can be less worried in case a disaster strikes.

What You Should Carry in Your Car

What You Need to Carry in Your Car?

There are many things that could happen to us unexpectedly. As such, it is important to be always prepared. This will help you avoid being caught off-guard. You can also minimize the problems that may later on arise. You can also equip yourself with the right information on how to handle a possible situation.

One of the most prudent decisions you can make is to know what you should carry with you wherever you may be. Basically, your preparedness will depend on the conditions. You may be prepared in your house in case of fire,

but do you know what you would do in case of an earthquake?

This is where proper preparations are crucial. You should be ready to face the possible consequences of the different aspects in your life. This is true, even when you will merely go out to drive your car.

What You Should Carry in Your Car?

People who own and drive a car should know the right things that they should keep in the vehicle at all times. It is not all about safe driving on your part. Most of the time, the dangers faced in the road are due to the carelessness of other drivers.

You will definitely appreciate it if you get to prepare for the possible events that could happen as you drive in your car. This will ensure your safety as much as possible, as well the welfare of your passengers.

Here are only a few helpful tips that you can keep in mind and some of the things that you should carry in your car when you travel.

1. Cellular Phone

Most everybody now owns a cellular phone already. Still, it may be useful to make sure that you have a communication device in your car. This way, you can be certain that you can easily keep in touch with the right people if something happens.

2. Tools

You should also store tools and other useful things in your car in case something happens. Your car might get broken in the middle of your driving. It is easier to remedy the problem if you have tools and spare parts in your car to respond to the situation. Keep a tool kit in your car.

You may also want to consider bringing along extra of the other things that you regularly use. An extra battery supply can help you in case your cellular phone runs out of energy supply.

3. Emergency Contact Numbers

Also keep a list of the emergency contact numbers that you can access if something happens. This way you can easily ask for help in case of a really big problem.

4. First Aid Kit

Another thing you should constantly carry in your car is a first aid kit. This should contain the basic things that you will need to use when there is an emergency situation. You may not be a medic but you can at least resolve the minor problems that could be aggravated if left unattended.

You can also keep here the medicine that you will need for your condition, especially if you will travel for quite some time. Make sure that your companions in the car know this fact. Inform them also of where you store this.

5. Sufficient Coverage

Finally, the best protection that you can carry with you anywhere is insurance with good coverage. This will answer for any liabilities that may arise from the situation. Most of these would have very restrictive coverage in property damages.

Just make sure that you get a good coverage in your insurance. This will remove the headaches on things you have to deal with. It also secures that you will not give up a good amount of your fortune in case of collision.

Knowing what you should carry in your car is a way of protecting yourself and your love ones. This allows you to prepare for things that cannot be foreseen or cannot be helped. Thus, keep in mind the points provided here and keep your family secured.

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